

# Things to do every day



Only drink \_\_\_\_\_ litres.  
That is about \_\_\_\_\_ cups.  
Don't forget tea, coffee, soups and fruit all count.



Weigh yourself every day.



Write down your weight.  
Is it changing much? Up or down?



Eat fewer salty foods and do not add salt to your food.



Try to be active every day.  
Do what you can on days when you feel well.  
Be active at a comfortable pace, don't get too out of breath.



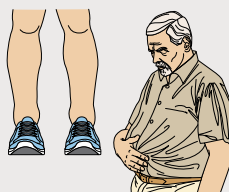
Remember to take your medicines as prescribed.



Remember to do things that make you happy.  
What hobbies do you have? Fishing, gardening, dancing, reading? Or is it time to find something new to do?



Call your doctor, nurse or health worker within 24 hours if you have any of these symptoms



Ankles, legs or stomach swelling  
Your shoes, socks or pants are getting very tight



Weight goes up or down by 2 kg in two days



Bad cough, especially at night  
A new cough that won't go away



Your breathing is getting harder  
You can only walk \_\_\_\_\_  
You have to sit up to sleep



You feel dizzy or feel like fainting



Heart is racing and won't slow down (palpitations)

Other: \_\_\_\_\_



# Emergency

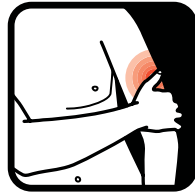


Call Triple Zero 000 and ask for an ambulance if you have any of these warning signs of heart attack.

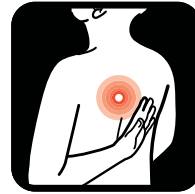
Pain, pressure, heaviness or tightness in your chest, arm(s), back, jaw, neck, shoulder(s).



Chest



Arm(s)



Back



Jaw



Neck



Shoulder(s)



You collapse or black out



It is very hard to breathe  
or you can't breathe